

NIGERIAN

COMMUNI





MENTAL WELLNESS AND BALANCE

**18.2%** The Black African group had the highest proportion admitted to hospital for mental health, higher than

**6%** ALL PEOPLE    **13.5%** BLACK CARIBBEANS    **16.2%** OTHER BLACK

**66.2%** OF BLACK AFRICAN PATIENTS 'RELIABLY IMPROVED' FOLLOWING TREATMENT FOR ANXIETY AND DEPRESSION, LOWER THAN

**68.1%** WHITE BRITISH These findings raise issues of inequalities in access and referral to psychological (IAPT) and other therapies

According to the 2004 Health Survey for England Black African men had one of the lowest rates of current cigarette smoking

**21%**

BELOW THE

The percentage of people taking any illicit drug in the past year was

MEN

HEALTHY AND AFFORDABLE FOOD

JOLLOF RICE, IYAN (POUNDED YAM), AMALA (YAM FLOUR/ CASSAVA FLOUR/ PLANTAIN FLOUR), OGBONO SOUP (AFRICAN MANGO SEED SOUP), PUFF-PUFF (FRIED SWEET DOUGH BALL), AKARA (FRIED BEAN CAKE), PEPPER SOUP, AND SUYA (SPICY GRILLED KEBAB)

**OBESITY 67.5%**

of the 'Black' group adults were overweight/obese, the highest across seven ethnic groups

**89%** OF NIGERIAN WOMEN IN ONE STUDY POPULATION WERE CLASSIFIED AS OVERWEIGHT OR OBESE

GETTING THE BEST START IN LIFE

**0.82%** of all live births in Birmingham from 2012-2014 were to mothers born in Nigeria but **1.72% OF ALL STILLBIRTHS**

Late booking for antenatal care amongst Black African women. Barriers to access include:

**3.32** total fertility rate for Nigeria country of birth was above that for UK-born

COMPARED TO NATIONAL CONTROLS, BEING NIGERIAN WAS ASSOCIATED WITH PRETERM BIRTH AND CAESAREAN SECTION

ACTIVE AT EVERY AGE & ABILITY

**HIGH ACTIVITY LEVELS**

Black African    General population

**PHYSICAL INACTIVITY AMONGST MALE ETHNIC GROUPS**

**BLACK**

The 'Black' group was most physically inactive

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**A BOLDER HEALTHIER BIRMINGHAM**